

CLAIMS

1. A sole for walking comprising a face intended
5 to be in contact with the ground, referred to as the
bottom part, and an opposite face referred to as the
top part, characterised in that it comprises in the
bottom part recesses (3) closed off by the top part (2)
for trapping a portion of material on which a person
moves, each recess being provided with at least one
10 decompression channel (7) producing a free junction
between the interior of the recesses (3) and the
external perimeter of the sole (8).

2. A sole according to Claim 1, characterised in
that the decompression channels (7) are disposed around
15 the recesses in the bottom part (1) of the sole so as
to be in contact with the ground.

3. A sole according to Claim 1, characterised in
that the decompression channels (7) are disposed around
recesses at any height on the wall of these recesses
20 (3).

4. A sole according to Claim 1, characterised in
that the decompression channels (7) have a height
substantially equal to that of the recesses (3).

5. A sole according to any one of Claims 1 to 4,
25 characterised in that, for one and the same sole, the
recesses (3) provided with decompression channels (7)
are at least two in number.

6. A sole according to any one of Claims 1 to 5,
characterised in that, for one and the same sole, the
30 depth of the recesses is identical.

7. A sole according to any one of Claims 1 to 5, characterised in that, for one and the same sole, the depth of the recesses is different.

5 8. A sole according to any one of the preceding claims, characterised in that, for one and the same sole, the walls of the recesses form an angle of less than or equal to 90 degrees with respect to the face (1) of the sole intended to be in contact with the ground.

10 9. A sole according to any one of the preceding claims, characterised in that the external perimeter (8) of the sole forms an angle of less than or equal to 90 degrees with respect to the face (1) of the sole intended to be in contact with the ground.

15 10. A sole according to any one of the preceding claims, characterised in that it consists of a single or several layers of superimposed material and in that the recesses and decompression channels are formed on at least the bottom layer intended to be in contact
20 with the ground.